



# PE - Knowledge Organiser

## Year 3- Spring 1 - Fitness



### Knowledge Organiser Fitness Year 3

#### About this Unit

Being fit means our bodies are strong and healthy. When we're fit, we have more energy to do fun things like play games with friends, run around at the park, or even just go for a walk with family.

Just like when we're learning something new at school, getting fit takes practice too.

We can practice by doing activities that get our hearts pumping and our muscles moving. That could be running, jumping, swimming, riding bikes, or even dancing! The more we do these activities, the stronger and fitter we become.

Getting fit is good for our brains too. When we're active, it helps us focus better in school and makes us feel happier overall.



#### Powerful Knowledge

- agility:** the ability to change direction quickly
- balance:** the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)
- co-ordination:** moving two or more body parts at the same time
- control:** being able to perform a skill with good technique
- muscle:** tissue that helps us to move our bodies
- progress:** to improve
- speed:** how fast you are travelling
- stamina:** the ability to move for sustained periods of time
- strength:** the amount of force your body can use
- technique:** the action used correctly



#### Ladder Knowledge



**Agility:**  
Agility helps us with everyday tasks like completing chores faster.

**Speed:**  
Leaning slightly forwards helps to increase speed. Leaning your body in the opposite direction to travel helps to slow down.

**Balance:**  
Balance helps us with everyday tasks like getting dressed.

**Strength:**  
When completing strength activities, they need to be performed slowly and with control to help you to stay safe.

**Co-ordination:**  
Co-ordination helps us with everyday tasks like tying shoelaces.

**Stamina:**  
Stamina helps us in other life activities like playing games

#### Movement Skills

- agility
- balance
- co-ordination
- speed
- stamina
- strength

This unit will also help you to develop other important skills:

- Social:** collaboration, support
- Emotional:** concentration, perseverance, determination
- Thinking:** comprehension, observation

#### Strategy

Identify your areas of strength and your areas for development. Then, think of everyday activities where you could practice e.g. standing on one foot while brushing your teeth will develop balance and co-ordination.

#### Healthy Participation



- Focus on your own results without comparing them with others in the class.
- Work within your own capabilities.
- All actions need to be performed with control.

If you enjoy this unit why not see if there is an athletics club in your local area.



How will this unit help your body?

- agility, balance, co-ordination, speed, stamina, strength

#### Home Learning

Find more games that develop these skills at the Home Learning Active Families tab on [www.gettecheducation.co.uk](http://www.gettecheducation.co.uk)

#### Fitness

Head to our youtube channel to [watch our fitness videos](#)